

FLOW-RESTRICTORS IN FUEL CELL FLOW-FIELD**ABSTRACT OF THE DISCLOSURE**

Flow-field for a PEM fuel cell having a plurality of flow-channels including flow-restrictors strategically located throughout to achieve desired pressure differentials between fuel and oxidant supply and exhaust manifolds, and between adjacent flow-channels. A preferred flow-restrictor comprises a constriction in the flow channel that has a cross-sectional area that is less than the cross-sectional area of the flow-channel.